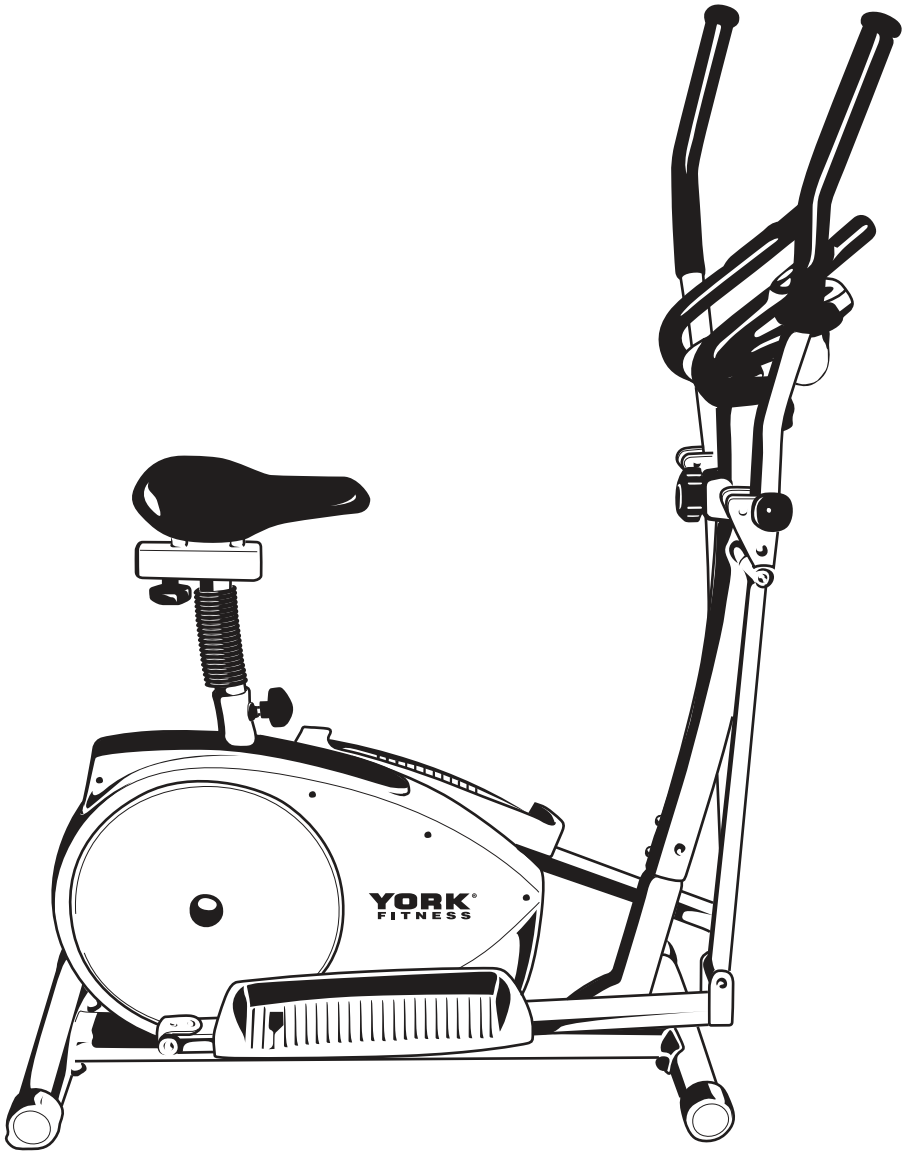
YORK®
FITNESS



Inspiration
Cycle Crosstrainer
owner's manual

yorkfitness.com

14/05/2009

Safety Precautions

Before using the equipment, please ensure that you read the safety precautions described below. Always ensure that the equipment is operated correctly.

The safety precautions noted below are intended to instruct you in the safe and correct operation of the equipment to prevent injuries or damage to yourself, other persons and equipment.

THIS LIST IS NOT EXHAUSTIVE. Save these instructions.

WARNING

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Fitness Precautions:

Before you undertake any programme of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.

Equipment Safety:

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product. Contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Exercise Safety:

- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Remove all personal jewelry before exercising.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.

MAX. User Weight: 100KG

Protect the environment by not disposing of this product withx household waste. Check your local authority for recycling advice and facilities.



Safety Standards

This cycle meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 parts 1 and 9 and AS 4092-1993. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

Customer Support

York Fitness U.K. Ltd. (England)

York Way, Daventry, Northants, NN11 4YB, England
Tel: (01327) 701800
Help desk Tel: (01327) 701824
Fax: (01327) 706704
Email: helpdesk@yorkfitness.co.uk

York Fitness (Australia) pty. ltd.

Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566, Australia
Tel: (02) 9603 8444
Help desk Tel: 1800 730 149
Fax: (02) 9603 8555
Email: service@yorkfitness.com.au

Should you require any assistance regarding this product please gather the following information, and then contact us using the details above.

- Serial no. - this can be found on the sticker located as indicated. For future reference, please write down your serial number in the space below.
- Original purchase date.
- Place of purchase.
- Information about the place and conditions of use.
- Precise description of the issue / defect.

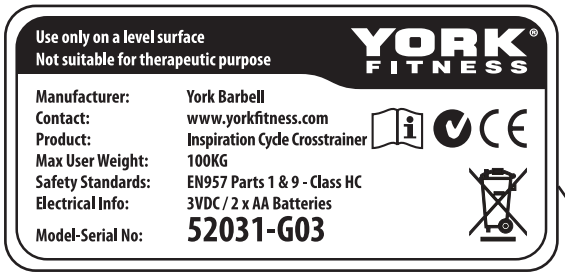
Disclaimer

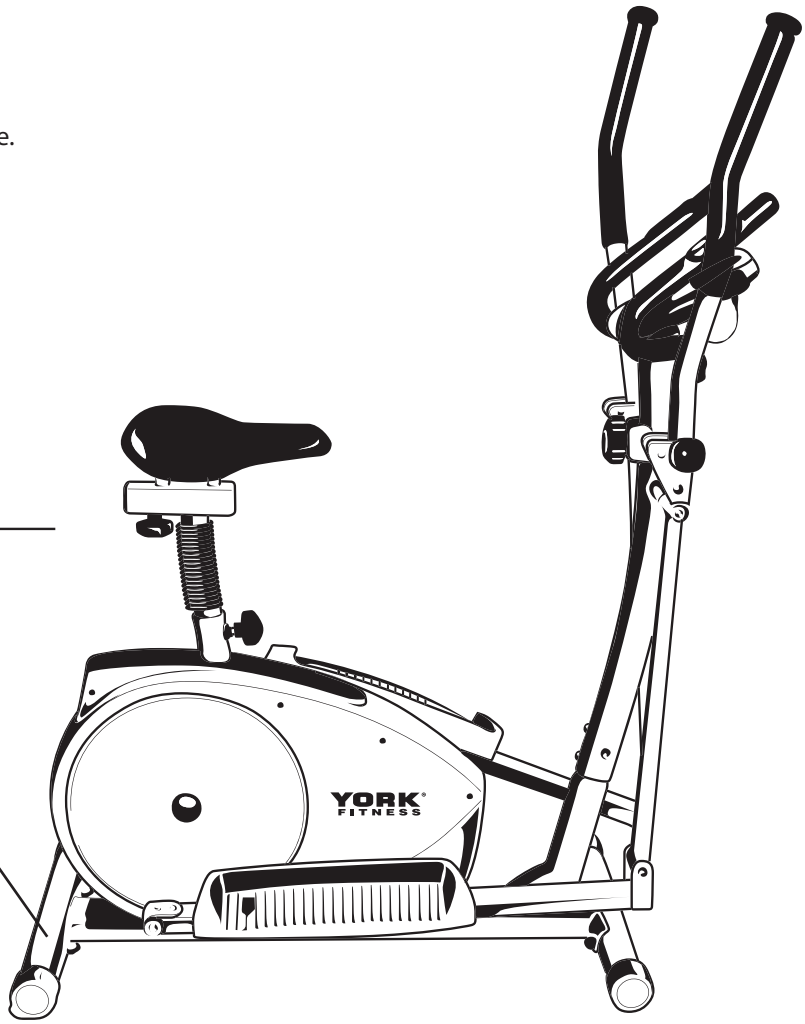
While every effort has been made to ensure that the information contained in this guide is accurate and complete, no liability can be accepted for any errors or omissions. York Fitness reserves the right to change the specifications of the hardware and software described herein at any time without prior notice.

No part of this guide may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form, by any means, without the prior written permission of York Fitness.

York Fitness makes no warranties for damages due to mistaken operation or malfunction of the equipment.

Serial No:


Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: Inspiration Cycle Crosstrainer
Max User Weight: 100KG
Safety Standards: EN957 Parts 1 & 9 - Class HC
Electrical Info: 3VDC / 2 x AA Batteries
Model-Serial No: 52031-G03



Thank you for purchasing a **YORK FITNESS** equipment.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the products and to prevent injuries or damage to yourself, other persons and property. Please read and ensure that you understand them before proceeding to other sections of this guide.



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- *Disclaimer/Customer Support 03*

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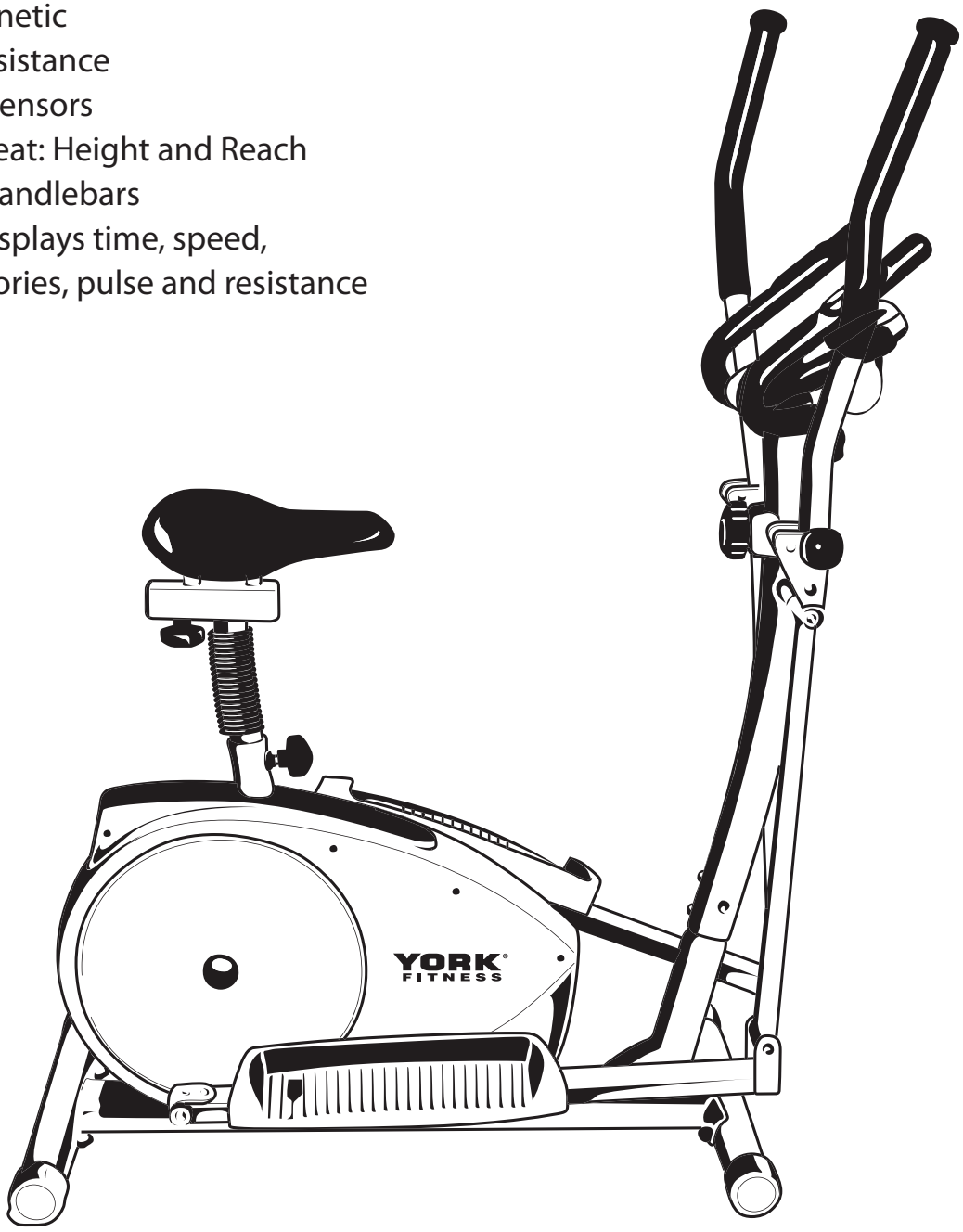
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Inspiration Cycle Crosstrainer
Model No. 52031

- Manual Magnetic
- 8 levels of resistance
- Hand Pulse sensors
- Adjustable seat: Height and Reach
- Adjustable handlebars
- Computer displays time, speed, distance, calories, pulse and resistance level



Getting Started

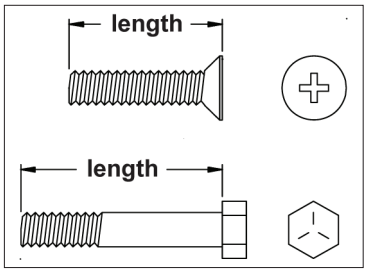
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.

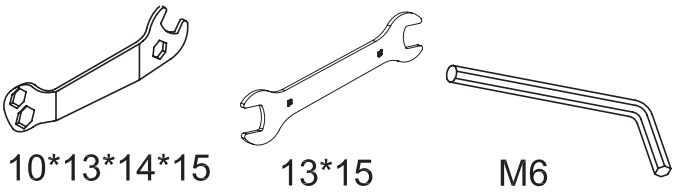
After unpacking the unit, open the hardware bag and make sure that you have all the following items. **Some hardware may be already attached to the part.**

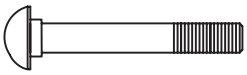
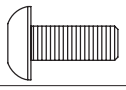
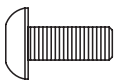
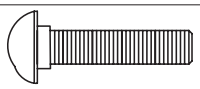
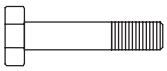
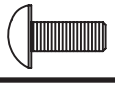
Hardware Identification Chart

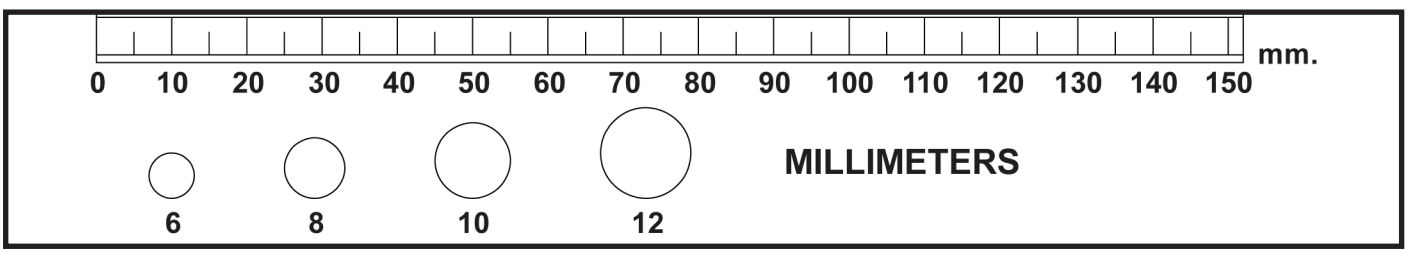
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

NOTE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

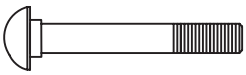


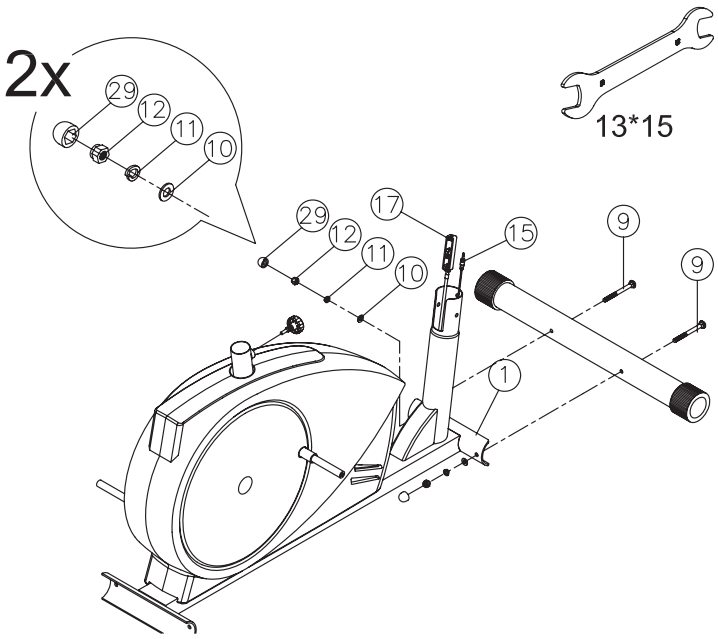


	**Part No. 9 x 4** CARRIAGE BOLT (M8 x 70mm)
	**Part No. 10 x 18** WASHER (M8) **Part No. 28 x 4** WASHER (M6 <1.2MM>) **Part No. 20 x 2** WASHER (M8 OD 28MM)
	**Part No. 11 x 18** SPRING WASHER (M8) **Part No. 49 x 6** SPRING WASHER (M6)
	**Part No. 12 x 6** NYLOCK NUT (M8) **Part No. 50 x 2** NYLOCK NUT (M6)
	**Part No. 29 x 4** PLASTIC CAP FOR SC SCREW
	**Part No. 20 x 6** ALLEN HEAD SCREW (M8 X 15MM)
	**Part No. 23 x 8** ALLEN HEAD BOLT (M8 x 15MM) **Part No. 59 x 2** ALLEN HEAD BOLT (M8 X 20MM)
	**Part No. 27 x 4** SCREW (M6 X 45MM))
	**Part No. 45 x 4** WASHER FOR PEDAL
	**Part No. 32 x 4** KNOB DAWL
	**Part No. 74 x 2** SCREW (M8 X 52MM)
	**Part No. 95 x 4** SPACER SLEEVE
	**Part No. 60 x 2** PARENTHETIC WASHER (M6)
	**Part No. 30 x 2** SCREW (M5 X 10MM)

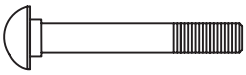


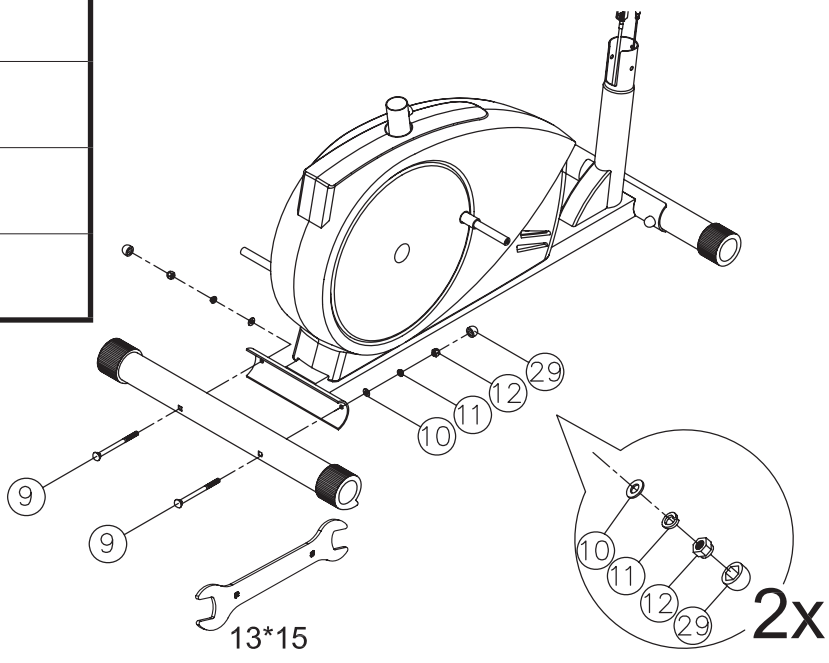
STEP 1

	**Part No. 9 x 2** CARRIAGE BOLT (M8 x 70mm)
	**Part No. 10 x 2** WASHER (M8)
	**Part No. 11 x 2** SPRING WASHER (M8)
	**Part No. 12 x 2** NYLOCK NUT (M8)
	**Part No. 29 x 2** PLASTIC CAP FOR SC SCREW

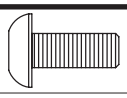


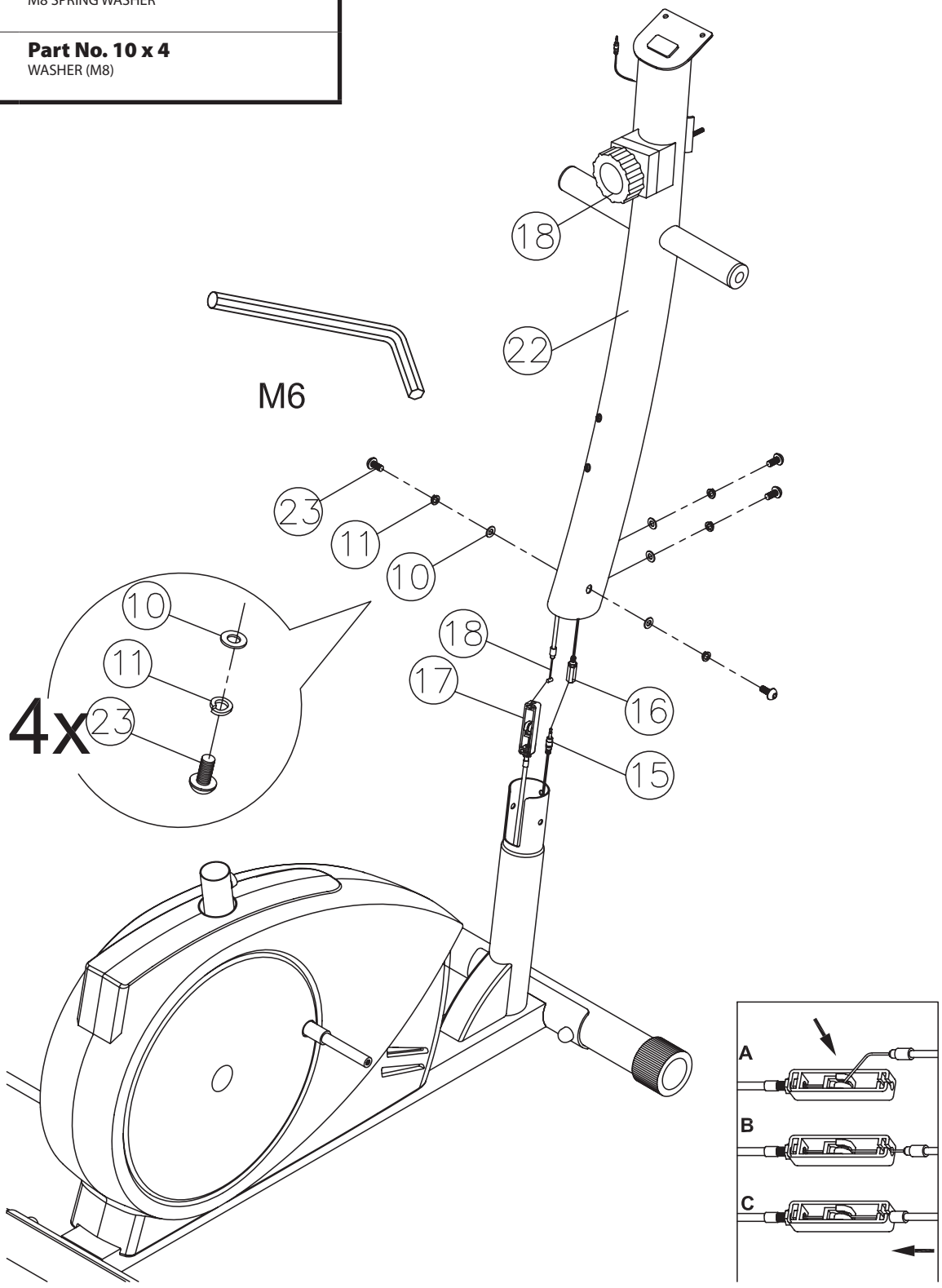
STEP 2

	**Part No. 9 x 2** CARRIAGE BOLT (M8 x 70mm)
	**Part No. 10 x 2** WASHER (M8)
	**Part No. 11 x 2** SPRING WASHER (M8)
	**Part No. 12 x 2** NYLOCK NUT (M8)
	**Part No. 29 x 2** PLASTIC CAP FOR SC SCREW

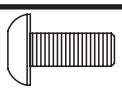


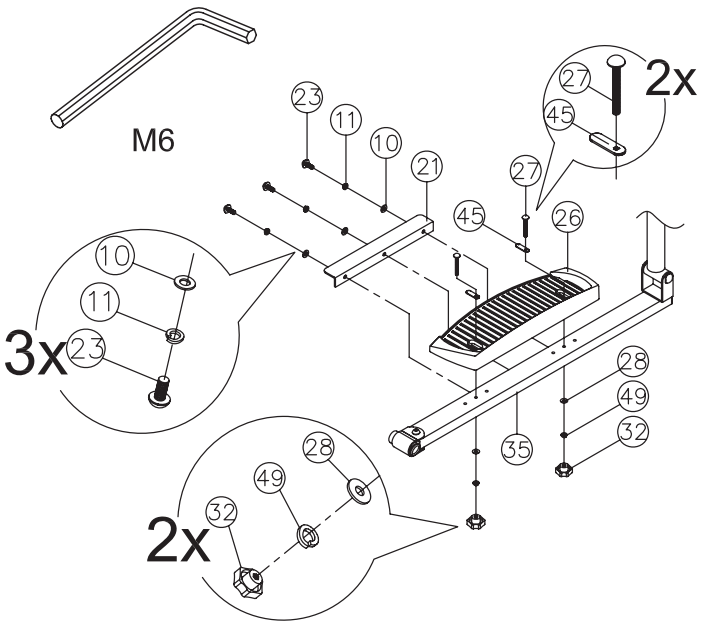
STEP 3

	**Part No. 20 x 4** ALLEN HEAD SCREW (M8 X 15MM)
	**Part No. 11 x 4** M8 SPRING WASHER
	**Part No. 10 x 4** WASHER (M8)

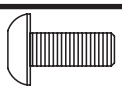


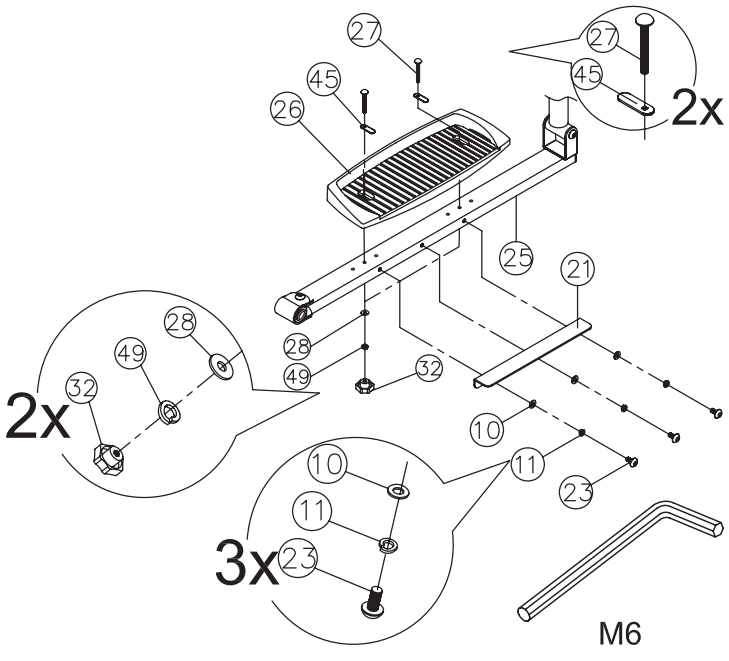
STEP 4

	**Part No. 23 x 3** ALLEN HEAD BOLT (M8 x 15MM)
	**Part No. 11 x 3** SPRING WASHER (M8)
	**Part No. 10 x 3** WASHER (M8)
	**Part No. 27 x 2** SCREW (M6 X 45MM))
	**Part No. 45 x 2** WASHER FOR PEDAL
	**Part No. 28 x 2** WASHER (M6 <1.2MM>)
	**Part No. 49 x 2** SPRING WASHER (M6)
	**Part No. 32 x 2** KNOB DAWL



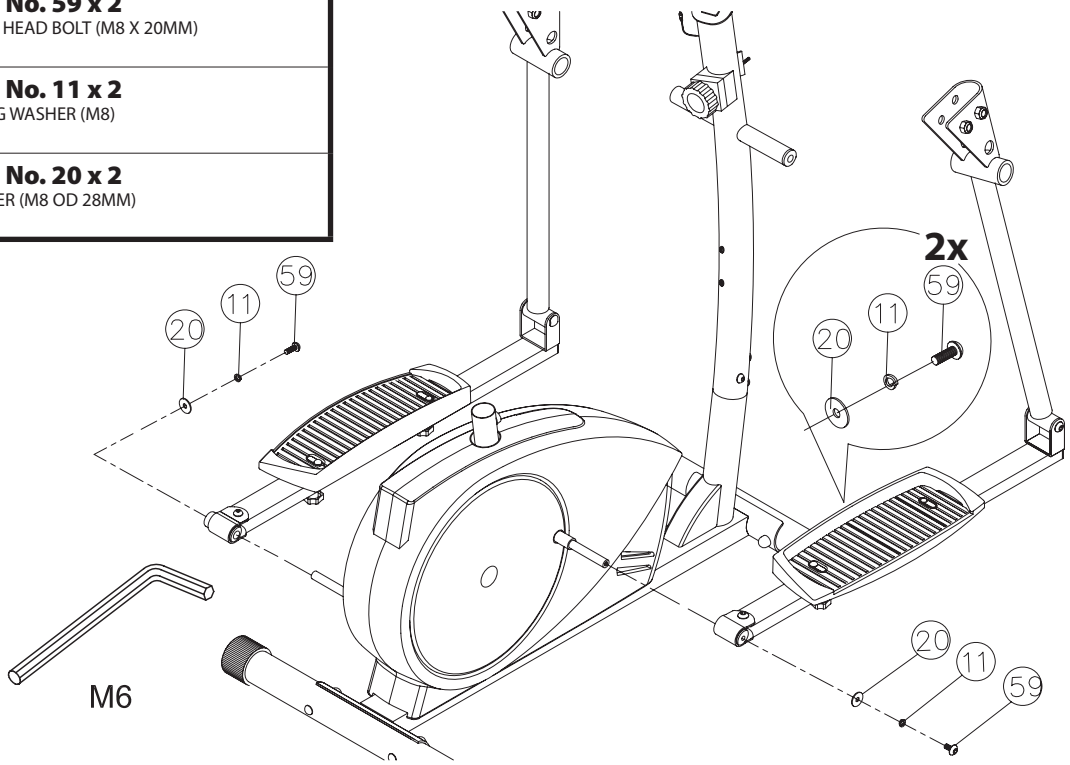
STEP 5

	**Part No. 23 x 3** ALLEN HEAD BOLT (M8 x 15MM)
	**Part No. 11 x 3** SPRING WASHER (M8)
	**Part No. 10 x 3** WASHER (M8)
	**Part No. 27 x 2** SCREW (M6 X 45MM))
	**Part No. 45 x 2** WASHER FOR PEDAL
	**Part No. 28 x 2** WASHER (M6 <1.2MM>)
	**Part No. 49 x 2** SPRING WASHER (M6)
	**Part No. 32 x 2** KNOB DAWL



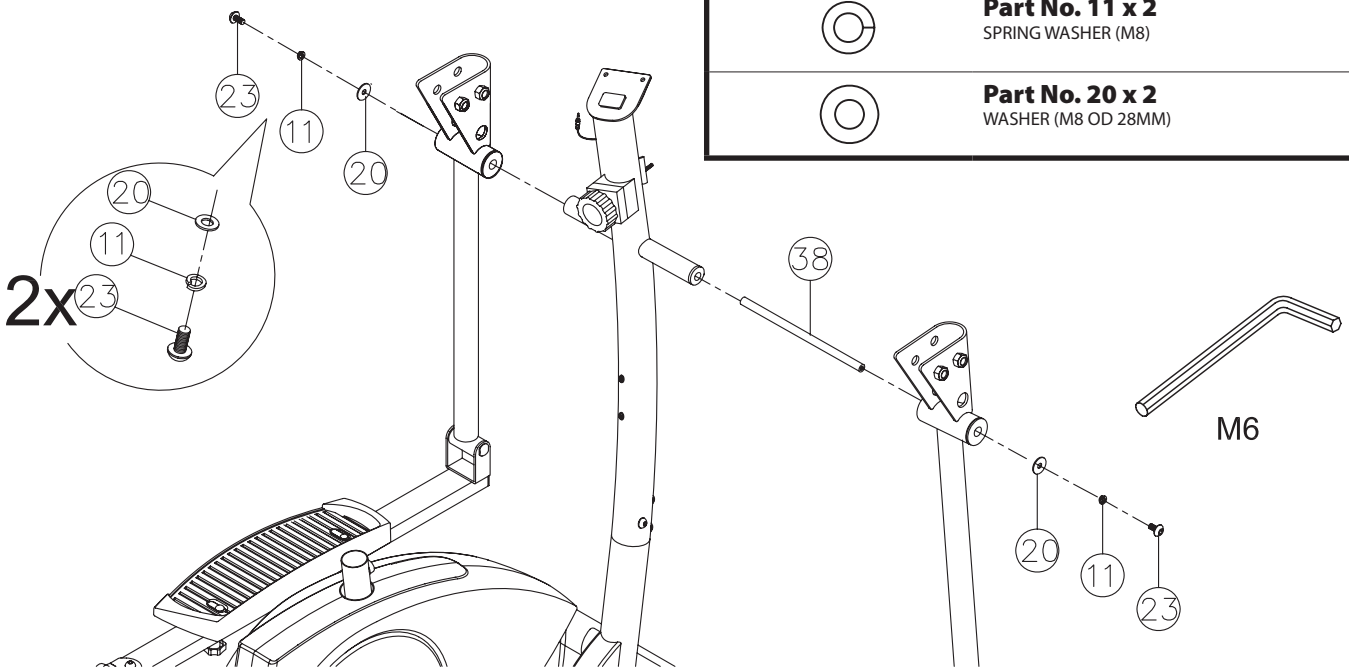
STEP 6

	Part No. 59 x 2 ALLEN HEAD BOLT (M8 X 20MM)
	Part No. 11 x 2 SPRING WASHER (M8)
	Part No. 20 x 2 WASHER (M8 OD 28MM)



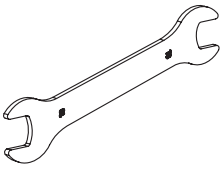
STEP 7

	Part No. 23 x 2 ALLEN HEAD BOLT (M8 X 15MM)
	Part No. 11 x 2 SPRING WASHER (M8)
	Part No. 20 x 2 WASHER (M8 OD 28MM)

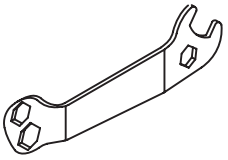


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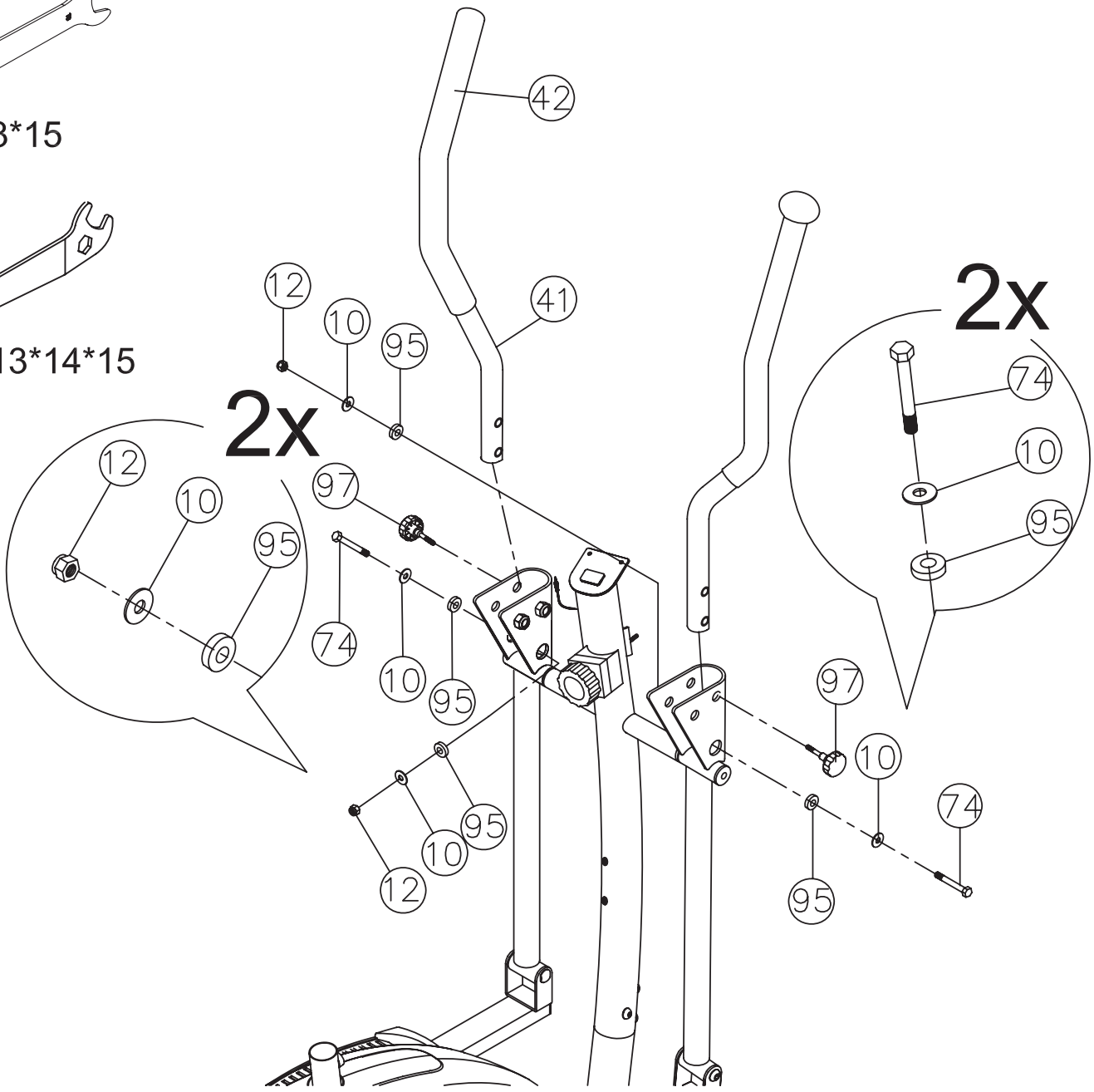
	**Part No. 74 x 2** SCREW (M8 X 52MM)
	**Part No. 12 x 2** NYLOCK NUT (M8)
	**Part No. 10 x 4** WASHER (M8)
	**Part No. 95 x 4** SPACER SLEEVE



13*15

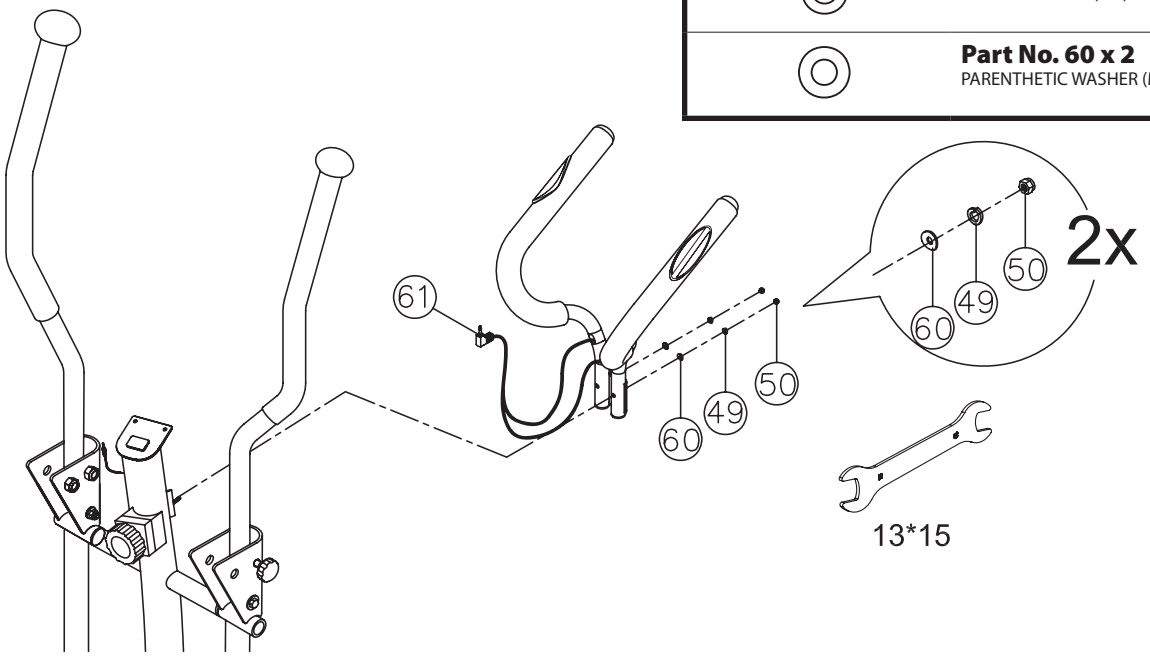


10*13*14*15



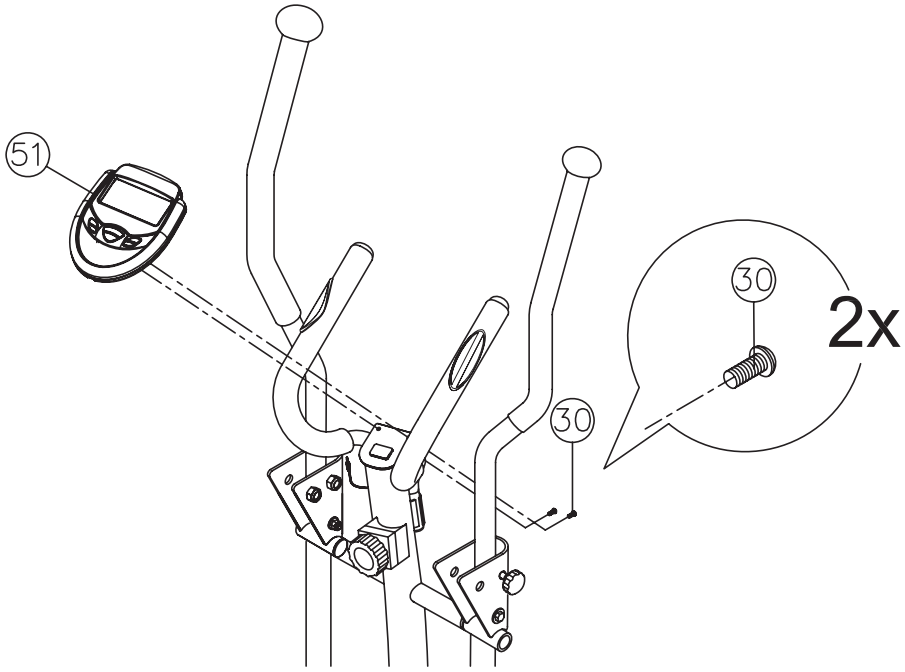
STEP 9

	Part No. 50 x 2 NYLOCK NUT (M6)
	Part No. 49 x 2 SPRING WASHER (M6)
	Part No. 60 x 2 PARENTHETIC WASHER (M6)

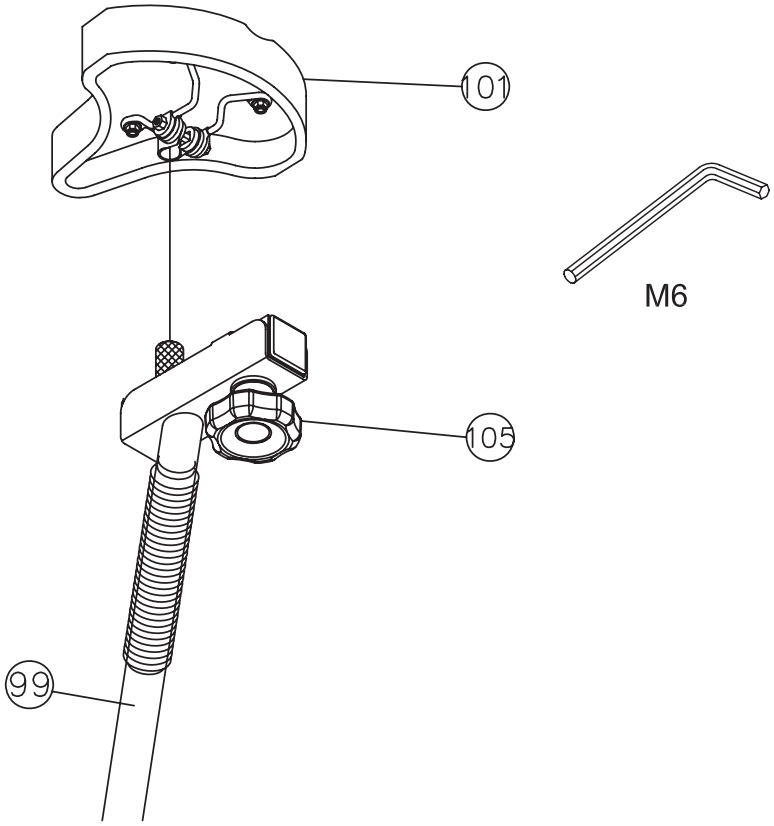


STEP 10

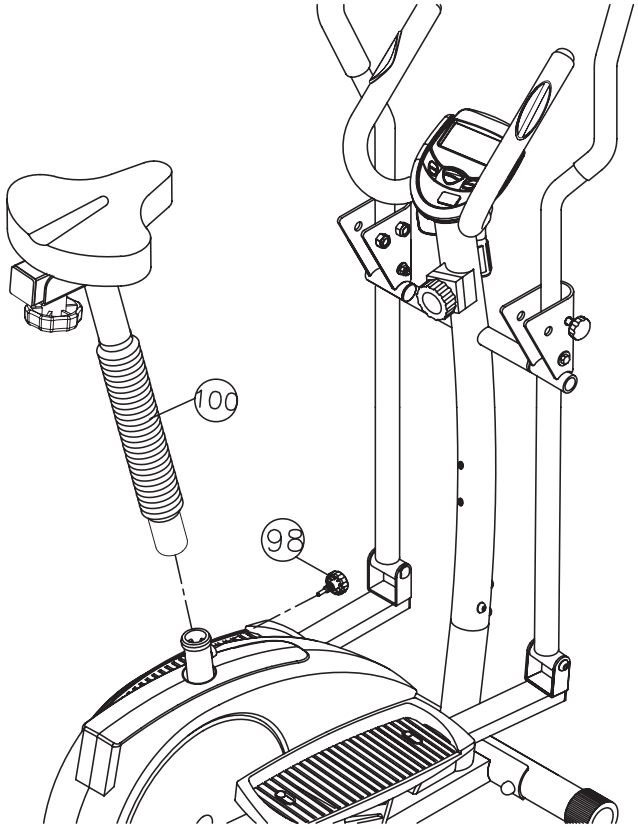
	Part No. 30 x 2 SCREW (M5 X 10MM)



STEP 11

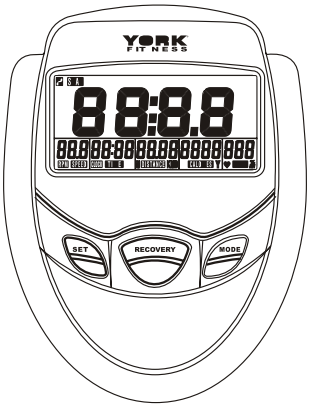


STEP 12



operational instructions

Computer Instruction



Your computer is ideal for monitoring your performance and setting yourself targets. By measuring your pulse rate you can ensure you exercise within your range. At the same time you can monitor closely your improving condition and cardiovascular fitness.

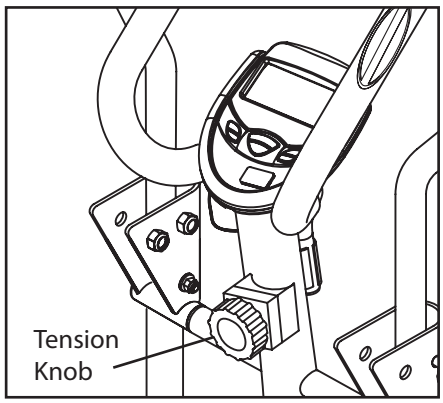
To Start:

Press the SET button to activate the unit. The computer will automatically start/stop when you exercise.

Function Buttons

FUNCTION BUTTONS	DESCRIPTION
MODE:	1. Press the button to select TIME, DISTANCE, CALORIES and PULSE. 2. Press again to select another workout value. 3. Press the button and hold for 2 seconds to reset all value to zero (except Odometer). ****When the user replace batteries, all the values will reset to ZERO automatically.**
SET:	• Allow you to set the target values for TIME, DISTANCE, CALORIE & PULSE. Please make sure the computer is in the "STOP" status before using this key. If you hold this key continuously for 2 seconds the value will increase quickly.
RECOVERY:	• The time it takes you to recover after exercise is an indication of your fitness level. The computer is equipped with "RECOVERY" to measure your heart rate recovery time, you can use this feature to compare your recovery rate over a period time e.g. When you first start to train and again after a few weeks training. To make an accurate comparison you should really exercise at the same speed and load, and for the same amount of time, e.g., 10 minutes, at load 3. For an approximate comparison it is not necessary to put your hands on the hand pulse sensor during the exercise period. When you finish exercising, put your hands onto the hand pulse sensors, press "RECOVERY" and the computer will continue to monitor your pulse. When the computer has counted down to 0.00 the screen will display a heart rate recovery grade from F1 to F6 (F1 being good and F6 poor). • Press the "RECOVERY" button again to return to the main functions.

Operating Instructions:



- Adjusting the tension control knob:
  To increase the load, turn the tension control knob in a clockwise direction.
  To decrease the load, turn the tension control knob in a counterclockwise direction.
- Adjusting the rear stabilizer end cap:
  Turn the rear stabilizer end cap on the rear stabilizer as needed to level the bike.
- Adjusting the seat post:
  Turn the round knob in a counterclockwise direction and then slide the seat post up or down slightly to the desired hole for the suitable position. Lock the seat post in place by tightening the round knob in a clockwise direction.

Setting Functions

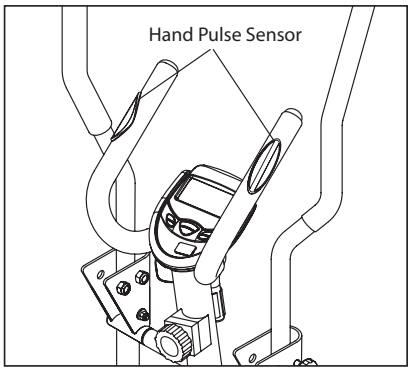
You can set a target time, distance or calories on your computer. When you start exercising the computer will begin to count down from your target to zero. When it reaches zero an alarm will beep, then start to count up if you continue exercising.

FUNCTION BUTTONS	DESCRIPTION
SCAN:	• Automatically scans all the functions in sequence displaying your progress without requiring you to press the MODE key. • Your computer will change modes in the following order - SPEED > RPM > TIME > DISTANCE > CALORIES > PULSE.
SPEED:	• The speed is shown in KPH, when the cycle + crosstrainer is in use. (MAX 99:9 KPH)
TIME:	• Counting commences when the cycle + crosstrainer is active. • To set the timer to countdown select 'TIME' by using the MODE button. • Enter the required time target by pressing the SET button. (MAX 99:00 MIN)
DISTANCE:	• Distance is automatically displayed in KM, when the cycle + crosstrainer is in use. (MAX 99.99KM) • To set a target distance select 'DISTANCE' by using the MODE button. • Enter desired distance by pressing the SET button. (MAX 99:00 KM).
CALORIES:	• Approximate calories consumed is displayed, once the cycle + crosstrainer is in use (MAX 9999 CAL.) • To set a target calorie consumption select "CALORIE" by using the MODE button. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE (USING THE HAND PULSE SENSOR)	• When using the 'PULSE' function a heart rate is displayed, and your current heart rate is shown. • The user may need to consult a doctor before using this equipment. • The user can set a target heart rate with this information. • To set a target heart rate select "PULSE" by using the MODE button. • Enter your target pulse by pressing the SET button. (MAX 240)

Hand Pulse Sensor

To obtain a pulse reading you must have your left and right hands holding the sensors at the same time. Grip the hand pulse sensors normally (NOT TOO TIGHT) during exercise and after a few seconds the computer will display your pulse reading. Some people will not be able to obtain an accurate hand pulse reading e.g. due to hand skin or variations in circulation.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

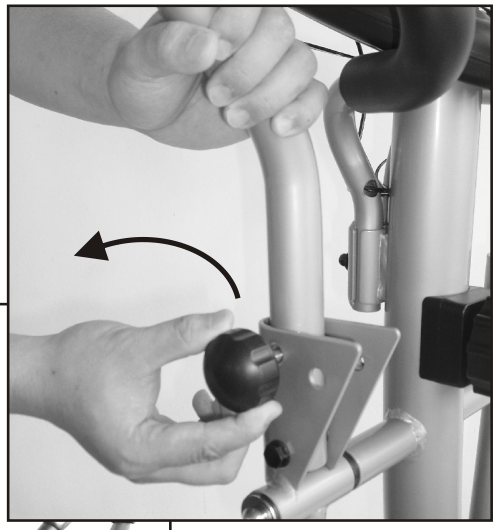


Batteries Installation:

Please install 2 x AA 1.5V batteries in the battery case on the back of monitor. (Whenever batteries are removed, all the functions values will be reset to zero.)

- If the computer displays abnormally, please re-install the battery and try again.
- Battery Spec: 1.5V UM-3 or AA (2PCS).
- The batteries must be removed from the appliance in order to dispose of the appliance safely.

Set-up for standing crosstraining



■ Check handle bars set in forward position.



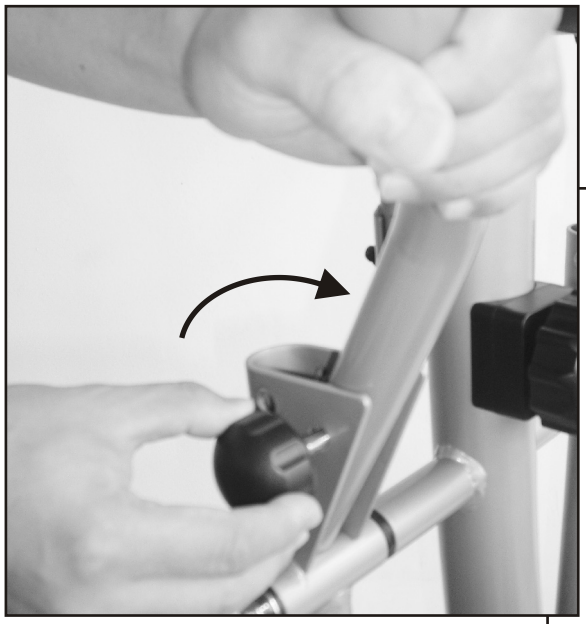
■ Check seat in lowest position.

■ ADJUST THE FOOT-PLATFORMS SO THAT YOU CAN EXERCISE IN THE CORRECT POSITION, AND WITHOUT YOUR KNEES HITTING THE FRAME.

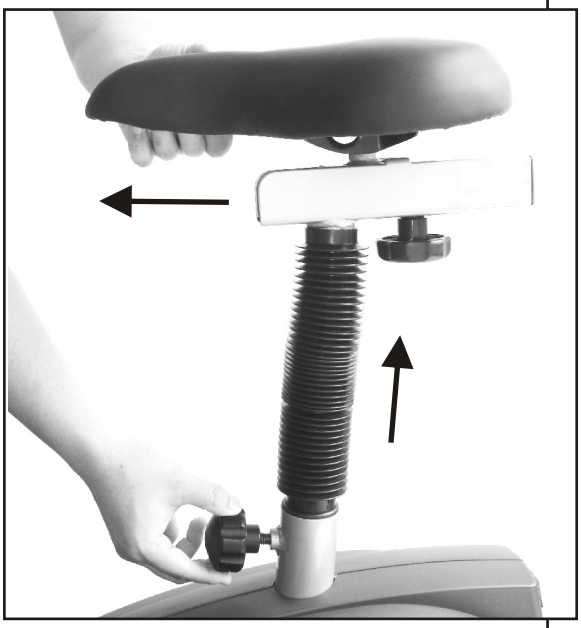
■ ALWAYS KEEP YOUR BACK STRAIGHT AND YOUR SHOULDERS SQUARE.

■ ALLOW FOR A NATURAL LIFT FROM YOUR HEEL.

Set-up for seated crosstraining



■ **Check handle bars in rear position.**



■ **Check seat height.**
Your knees should not go above horizontal when cross training in a seated position adjust seat height accordingly.



Conditioning Guidelines:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or light-headed you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate.

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 months other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Fitness warrants that the Product you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

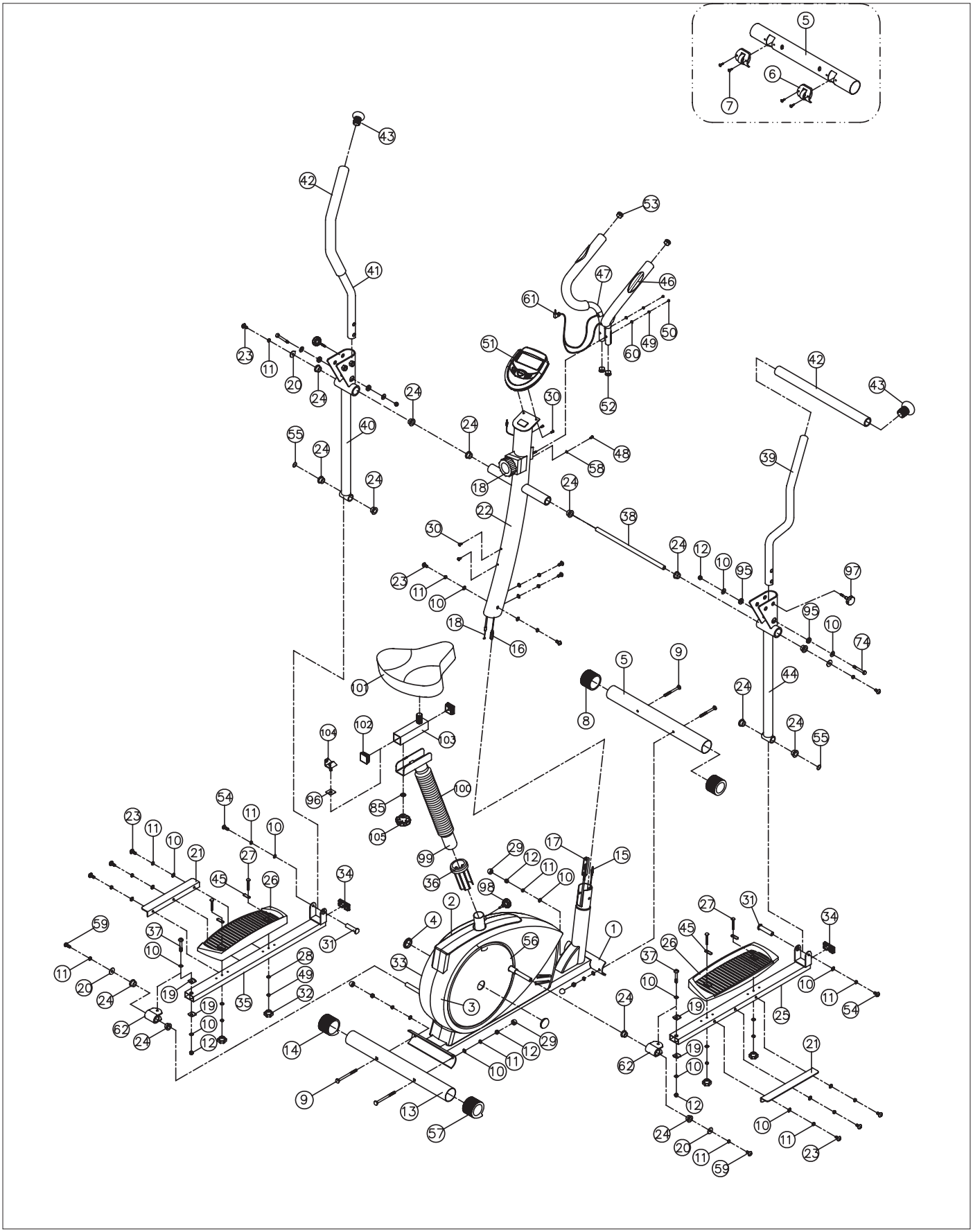
To obtain warranty service you must provide the following information:

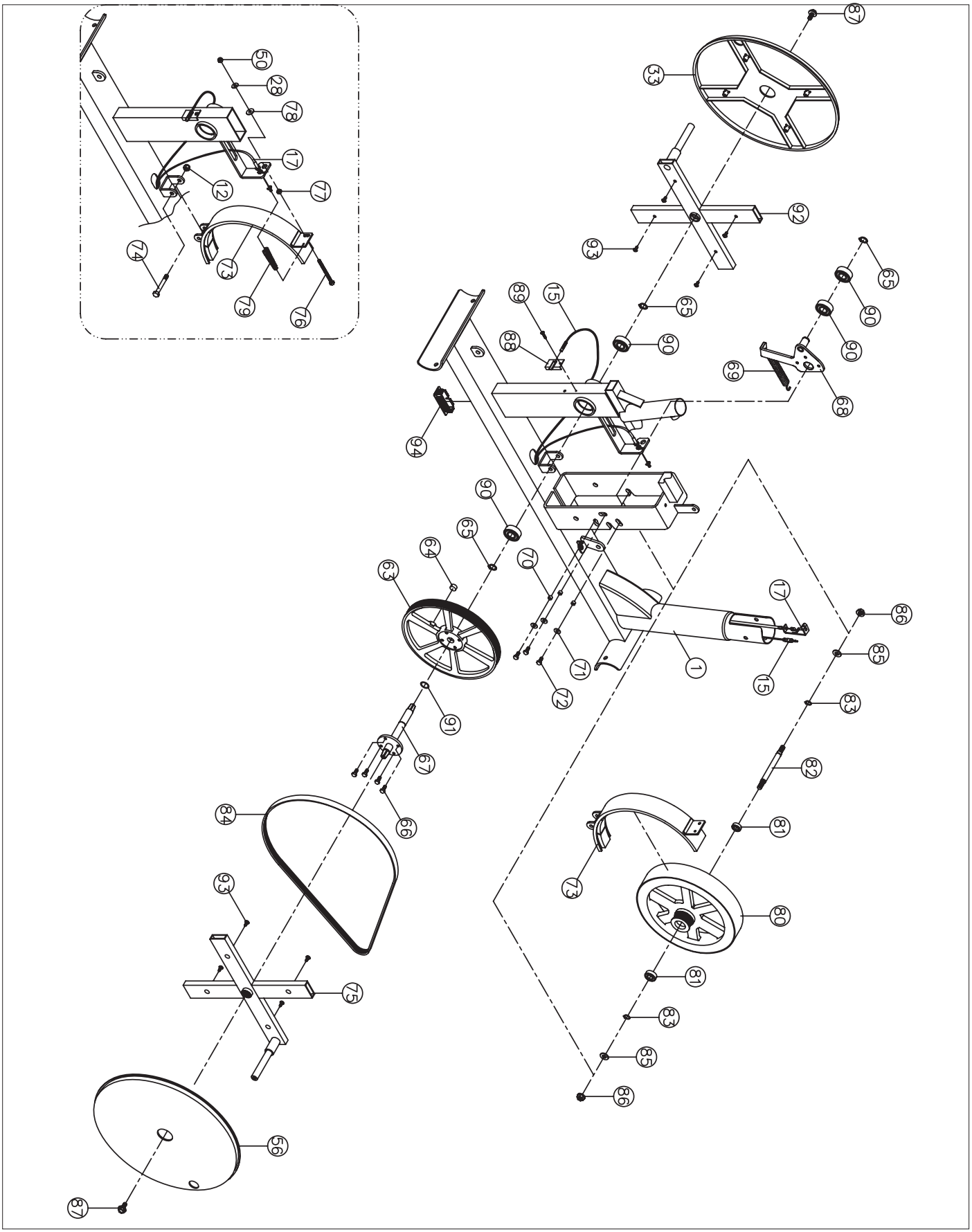
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another.

part list




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part list

KEY NO.	PART NO.	DESCRIPTION	QTY
1	52031-1	BASE FRAME	1
2	52031- 2	CHAIN COVER (L)	1
3	52031- 3	CHAIN COVER (R)	1
4	52031- 4	TURNING PLATE COVER	2
5	52031- 5	FRONT FOOT	1
6	52031- 6	TRANSPORT ROLLER UNIT	2
7	52031- 7	SCREW #8 X 16MM	4
8	52031- 8	FRONT FOOT COVER	2
9	52031- 9	CARRIAGE BOLT M8 X 70MM	4
10	52031- 10	WASHER M8	24
11	52031- 11	SPRING WASHER M8	20
12	52031- 12	M8 NYLOCK NUT	9
13	52031- 13	REAR FOOT	1
14	52031- 14	REAR FOOT CAP (L)	1
15	52031- 15	SENSOR WIRE	1
16	52031- 16	COMPUTER WIRE	1
17	52031- 17	TENSION CONNECTOR	1
18	52031- 18	TENSION CONTROL	1
19	52031- 19	PLASTIC PAD	4
20	52031- 20	WASHER M8 OD 28MM	4
21	52031- 21	PEDAL SUPPORT	2
22	52031- 22	UPRIGHT TUBE WELDMENT	1
23	52031- 23	ALLEN HEAD BOLT M8 X 15MM	12
24	52031- 24	BUSHING	14
25	52031- 25	PEDAL TUBE WELDMENT (R)	1
26	52031- 26	PEDAL	2
27	52031- 27	SCREW M6 X 45MM	4
28	52031- 28	WASHER M6 <1.2MM>	5
29	52031- 29	PLASTIC CAP FOR SC SCREW	4
30	52031- 30	SCREW M5 X 10MM	4
31	52031- 31	PEDAL TUBE WELDMENT SHAFT	2
32	52031- 32	KNOB DAWL	4
33	52031- 33	TURNING PLATE (L)	1
34	52031- 34	END CAP	2
35	52031- 35	PEDAL TUBE WELDMENT (L)	1
36	52031- 36	SADDLE SUPPORT TUBE INSERT	1
37	52031- 37	ALLEN HEAD BOLT M8 X 45MM	2
38	52031- 38	AXLE SUPPORT	1
39	52031- 39	HANDLEBAR (R)	1
40	52031- 40	LOWER SWIVEL HANDLEBAR (L)	1
41	52031- 41	HANDLEBAR (L)	1
42	52031- 42	HANDLEBAR FOAM GRIPS	2
43	52031- 43	HANDLEBAR END CAP	2
44	52031- 44	LOWER SWIVEL HANDLEBAR (R)	1
45	52031- 45	WASHER FOR PEDAL	4
46	52031- 46	HAND PULSE	2
47	52031- 47	SMALL HANDLEBAR	1
48	52031- 48	SCREW M5 X 25MM	1
49	52031- 49	SPRING WASHER M6	6
50	52031- 50	M6 NYLOCK NUT	3
51	52031- 51	COMPUTER	1
52	52031- 52	FIX HANDLEBAR END CAP	2
53	52031- 53	GRIPBAR END CAP	2
54	52031- 54	ALLEN HEAD BOLT M8 X 25MM	2

KEY NO.	PART NO.	DESCRIPTION	QTY
55	52031- 55	WAVE SPRING	2
56	52031- 56	TURNING PEDAL (R)	1
57	52031- 57	REAR FOOT CAP (R)	1
58	52031- 58	WASHER M5	1
59	52031- 59	ALLEN HEAD BOLT M8 X 20MM	2
60	52031- 60	M6 PARENTHETIC WASHER	2
61	52031- 61	HAND PULSE WIRE	1
62	52031- 62	PEDAL FIX BKT	2
63	52031- 63	PULLEY	1
64	52031- 64	MAGNET	1
65	52031- 65	CLIP C17 <ID 15.7MM>	3
66	52031- 66	SCREW M6 X 16MM	4
67	52031- 67	AXLE FOR PULLEY	1
68	52031- 68	BRACKET	1
69	52031- 69	CARGE SPRING	1
70	52031- 70	SPACER SLEEVE	3
71	52031- 71	M6 WASHER <1.5MM>	3
72	52031- 72	SCREW M6 X 14MM	3
73	52031- 73	MAGNETIC HOLDER	1
74	52031- 74	SCREW M8 X 52MM	3
75	52031- 75	CROSS FRAME (R)	1
76	52031- 76	SCREW M6 X 65MM	1
77	52031- 77	M6 SELF-LOCKING NUT	1
78	52031- 78	M6 NYLON WASHER	1
79	52031- 79	SPRING	1
80	52031- 80	FLYWHEEL	1
81	52031- 81	BEARING <6001ZZ>	2
82	52031- 82	FLYWHEEL AXLE	1
83	52031- 83	CLIP C12 <ID 11.1MM>	2
84	52031- 84	BELT	1
85	52031- 85	M10 WASHER <2MM>	3
86	52031- 86	3/8" WH NUT	2
87	52031- 87	SCREW M8 X 16MM	2
88	52031- 88	SCENSOR BRACKET	1
89	52031- 89	SCREW #6 X 12MM	1
90	52031- 90	BEARING <6203ZZ>	4
91	52031- 91	WASHER ID17 OD22 <0.3MM>	1
92	52031- 92	CROSS FRAME (L)	1
93	52031- 93	SCREW M5 X 12MM	8
94	52031- 94	END CAP	1
95	52031- 95	SPACER SLEEVE	4
96	52031- 96	PLASTIC PAD	1
97	52031- 97	KNOB	2
98	52031- 98	SEAT KNOB	1
99	52031- 99	SADDLE POST	1
100	52031- 100	PLASTIC COLLAR	1
101	52031- 101	SADDLE	1
102	52031- 102	END CAP	2
103	52031- 103	MOVABLE SEAT POST	1
104	52031- 104	FIX PLATE	1
105	52031- 105	MOVABLE SEAT POST KNOB	1